

Protect Your Eyes from Physical Hazards

Physical hazards require eye protection designed for physical hazards.

Always wear Z87.1 or Z87.1+ rated safety glasses or goggles when:

- **Working with manual or power tools that may produce small particles** (e.g., sanding, milling, cutting, hammering, scraping, etc.);
- **Working with tools that can generate droplets or a strong (>20psi) fluid stream**, whether the fluid is air, water, or something else;
- **Processes producing lots of dust or other particles in the air** (e.g., blowing leaves or snow from the sidewalk).

There is always a stamp on the glasses reading “Z87” or similar.

ADVICE FOR USING PHYSICAL EYE PROTECTION

- Eye protection should fit snugly on your face and not distort your vision.
- Wear your safety glasses **at all times** in the lab—on your eyes, not on your forehead. You do not have control over all hazards present in the lab.
- If you wear prescription glasses, select eye protection that fits over your glasses without discomfort, including side shields that almost touch your temples. You can also wear properly-fitting Z87-rated impact goggles over prescription glasses. Impact goggles are direct-vented, as opposed to the indirect vents of chemical splash goggles, so they fog up much less.
- As an alternative for those who wear glasses, consider getting a pair of prescription Z87.1-rated lenses and frames. This will provide you with much better protection and better quality vision.
- There are many styles of safety glasses, so select one that fits your face. To work properly, the glasses must be close fitting with a gap not greater than 3mm around the perimeter of the frame and your face.
- The Laboratory Safety Advocate’s office has a selection of safety glasses and goggles that you are welcome to evaluate.

Vision is one of your most important senses. You only get one pair of eyes, and in an accident, you may have only one chance to protect them.